

# MRFASTC - FASD Knowledge Assessment (Follow-up, 3 month)

## 1. MRFASTC - FASD Knowledge Assessment

Thank you for attending an educational session approximately 3 months ago sponsored by the Midwest Regional Fetal Alcohol Spectrum Disorders Training Center.

The purpose of this follow-up is to evaluate your scope of knowledge on FASD competencies.

Please take about 10 minutes to answer the following multiple choice questions.

### 1. The best public health message related to alcohol consumption by women of childbearing age is...

- a. Women who know they are pregnant should not consume alcohol.
- b. Women who are pregnant or could become pregnant should not consume alcohol.
- c. All sexually active women should not consume alcohol.
- d. Women of childbearing age should not consume alcohol.
- e. Alcohol use, in moderation, is safe for all women.

### 2. An episode of binge or risky drinking for women of childbearing age (18-44) is defined as more than \_\_\_\_\_ standard drinks in about a two hour period:

- a. 2
- b. 3
- c. 4
- d. 5
- e. 6

### 3. Which one of these is NOT considered a standard drink?

- a. 12 ounces of beer
- b. 12 ounces of wine cooler
- c. 5 ounces of wine
- d. 3 ounces of vodka
- e. All of the above are standard drinks

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### **4. Positive responses given to items on the TWEAK or the T-ACE screening instruments indicate:**

- a. a diagnosis of alcoholism
- b. the likelihood that the woman will seek treatment for alcohol abuse
- c. the need for the health care provider to discuss the risks associated with drinking alcohol, especially when the woman is pregnant
- d. the difference between binge drinking and problem drinking
- e. the need for immediate admission to a treatment facility for further evaluation

### **5. Which of these is NOT part of the addictive disease process?**

- a. Craving and compulsion
- b. Violent behavior
- c. Loss of control
- d. Continued use despite adverse consequences
- e. All of the above are part of the addictive disease process

### **6. Scientific studies of the effects of alcohol on the fetus have shown that:**

- a. Alcohol has no effect on the development of the fetus in the third trimester.
- b. Alcohol can only affect fetal development in the first trimester.
- c. A small to moderate amount of alcohol is safest during the second trimester.
- d. Of all the different types of alcohol, wine is the safest for a pregnant woman to consume.
- e. None of the above is correct.

### **7. Although specific deficits experienced by individuals with an FASD vary widely, behavioral deficits are likely to include which of the following:**

- a. memory problems, underactivity, and self-injurious behavior
- b. inattention, memory problems and hyperactivity
- c. particular mannerisms, hoarding, and memory problems
- d. emotion regulation, weight loss, fatigue, irritability
- e. auditory hallucinations, disorganized speech, and flat affect

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**8. Which of the following include all three facial abnormalities associated with fetal alcohol syndrome?**

- a. Low set ears, large palpebral fissures, large forehead
- b. Small palpebral fissures, smooth philtrum, thin upper lip
- c. Large palpebral fissures, smooth philtrum, thin upper lip
- d. Large forehead, flattened cheeks, small palpebral fissures
- e. Thin upper lip, distinct philtrum, ectropion

**9. Which of the following is NOT required to confirm a diagnosis of fetal alcohol syndrome (FAS)?**

- a. Facial dysmorphia
- b. Growth retardation
- c. Central nervous system (CNS) abnormalities
- d. Documentation of prenatal alcohol exposure
- e. All of the above are required for a diagnosis of FAS

**10. A variety of strategies have been found to be effective when working with individuals with an FASD. Which one of the following may not be as effective?**

- a. Concise, explicit instructions
- b. Stable routines
- c. Social cues
- d. Visual aids
- e. Repetition

**11. Which one of the following statements is NOT correct?**

- a. Some women expose their fetus to alcohol because of alcohol dependence or addiction.
- b. Health providers seek the best outcomes for women and fetuses by efforts to increase foreseeable benefits and minimize foreseeable harms.
- c. Most medical societies advocate coercive methods as a first intervention for women who expose a fetus to alcohol.
- d. Health providers have an ethical duty to respect their patients.
- e. Confidentiality is an essential aspect of the health provider-patient relationship.